

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>July 2014</b> <b>Emmitsburg Senior Center</b> <b>Trips July 11<sup>th</sup> &amp; 25<sup>th</sup></b>		1 <b>Strength Training @ 10</b>  <b>Cards games &amp; puzzles</b>  <small>Canada Day</small>	2 <b>Walkers meet @ 9am</b>  <b>Trivia @ 10 am</b>	3 <b>Strength Training @ 10am</b>  <b>Nutrition/ grilling meats &amp; vegetables</b>	4 <b>CLOSED</b> <b>Happy 4<sup>th</sup></b>  <small>Independence Day</small>	5
6	7 <b>Walking group @ 9am</b>  <b>Bowlers meet @ 12:15</b>	8 <b>Strength Training @ 10</b>  <b>Cards games &amp; puzzles</b>	9 <b>PICNIC @ Brunswick City Park</b> <b>Lunch \$5.00 &amp; transportation \$2.00</b>	10 <b>Strength Training @ 10am</b>  <b>Pinochle @ 12:30</b>	11 <b>Pride of Susquehanna Trip</b>  <b>Canasta @ 12:30</b>	12
13	14 <b>Walking group @ 9am</b>  <b>Bowlers meet @ 12:15</b>	15 <b>Strength Training @ 10</b> <b>(MAP) Kathy Schey @ 10am</b> <b>Nurse Steve @ 11am</b>	16 <b>Walkers @ 9 am</b>  <b>Bingo @ 12:30</b>	17 <b>Strength Training @ 10</b> <b>Medicare Assistance with Ms. Elly</b> <b>Pinochle @ 12:30</b>	18 <b>Wii Bowling @ 10</b> <b>Screening Saves Lives</b> <b>Mary Jackson FCHD</b>	19
20	21 <b>Walking group @ 9am</b>  <b>Bowlers meet @ 12:15</b>	22 <b>Strength Training @ 10</b>  <b>Cards games &amp; puzzles</b>	23 <b>Walkers @ 9 am</b>  <b>Poetry In Motion Exercise</b>	24 <b>Strength Training @ 10am</b> <b>Emergency Preparedness</b> <b>Millie Vauthrin MSN, RN</b>	25 <b>PA State Capitol &amp; State Museum Trip</b>  <b>Canasta @ 12:30</b>	26
27	28 <b>Walking group @ 9am</b>  <b>Bowlers meet @ 12:15</b>	29 <b>Strength Training @ 10</b>  <b>Cards games &amp; puzzles</b>	30 <b>BEACH PARTY</b> <b>games- hot dogs, hamburgers, prizes</b>	31 <b>Strength Training @ 10am</b>  <b>Pinochle @ 12:30</b>		